Underlying Factors of Depression, Anxiety, Bipolar and ADHD

Transcending Mind-Body Separation: Understanding the Complex Relationships The Factors that Cause "Chemical Imbalance"

Beyond Pharmaceutical Management

Accelerate Your Therapeutic Results

Food: The Good, the Bad, and the Fake Sleep: The 4 Habits Critical to Refreshing

Exercise: Elevate Serotonin and Regulate Stress Hormones

Stress: A Holistic Approach

How the Essential Nutrients Impact Mental Health

Fats: Essential Fatty Acids, Toxic Fats, Fish Oil Protein: The Building Blocks of Happiness Vitamins: B-Vitamins, 5-MTHF, Vitamin D

Recognizing When "Mental Illness" Is Something Else

Minerals: Magnesium, Calcium

Hormones

Blood Sugar and Hypoglycemia

Inflammation

Genetic Variations

Digestion

Keeping Your Clients Safe: The Truth About Popular Supplements

5-HTP, St. Johns Wort

Melatonin

Adaptogens: Ginseng, Licorice, Ashwaganda Interactions with Pharmaceuticals

Non-Pharmaceutical Treatment Plans for:

Depression

Anxiety

Bipolar

ADHD

Anger/Irritability

Obesity

Addictions

Building an Integrative Health Team

When to Refer

Who to Refer a Client to

Where to Find the Right Provider

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

OBJECTIVES

- 1 Articulate how integrative interventions facilitate better treatment outcomes in depression, anxiety, bipolar and ADHD.
- 2 Determine the nutrients shown to improve brain function for your clients.
- 3 Evaluate how improved nutrition can improve therapeutic outcomes for clients with depression, anxiety, bipolar and ADHD.
- 4 Analyze the differences between mental illness versus nutritional and hormonal imbalances.
- 5 Assess the impact hormones can have on mental health assessment and treatment.
- 6 Evaluate the impact of blood sugar and genetic variations on mental health disorders and effective treatment.

TARGET AUDIENCE

Counselors • Case Managers • Psychotherapists • Social Workers • Dieticians • Psychologists Occupational Therapists • Occupational Therapy Assistants • Marriage & Family Therapists Addiction Counselors • Therapists • Nurses • Other Mental Health Professionals

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Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

Bismarck, ND November 12, 2019

Farao. ND November 13, 2019 Sioux Falls, SD November 14, 2019





balance

as mental illness

Immediately implement

new tools into your

clinical practice

Fargo, ND Wednesday, November 13, 2019

Sioux Falls, SD Thursday, November 14, 2019

Nutritional

and Integrative

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for Mental Health

Disorders

Non-Pharmaceutical Interventions

for Depression, Anxiety, Bipolar & ADHD

• 4 habits that sabotage mental health

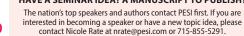
7 nutrients essential for neurotransmitter

Common hormonal imbalances misdiagnosed



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Nutritional and Integrative Interventions for Mental Health Disorders

Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

Join Vanessa Ruiz, ND, as she teaches you how to think more holistically about diagnosis. nutritional deficiencies, and hormonal imbalances that may contribute to mental health disorders. Nutritional psychology is an emerging field outlining how nutrients can affect mood and behavior. Many clients see a reduction in symptoms when integrating non-pharmaceutical interventions to treat depression, anxiety, bipolar and ADHD. You will learn the underlying causes and symptoms of these disorders, to more accurately diagnose and treat your clients.

Through case analysis, you will experience how addressing core physical and nutritional needs can greatly increase therapeutic results. You will discover the nutrients most essential to help treat your most depressed and anxious clients, and learn simple strategies that can be integrated with pharmaceutical interventions. Leave this seminar with the tools and understanding necessary to immediately incorporate these strategies into your clinical practice.

SPEAKER

Vanessa Ruiz, ND, is a naturopathic physician and registered nurse. She utilizes natural therapies in an integrative setting at Integrative Mental Health Center in Scottsdale, AZ. Dr. Ruiz specializes in natural therapies for PTSD and generalized anxiety disorder. She earned her doctorate of naturopathic medicine at Southwest College in Tempe AZ, with a focus on homeopathy. She has been featured in YRM Podcast and the "Dig Deep Documentary" for her work in complex trauma. She has been a practicing nurse for over 10 years, in the areas of pediatrics, geriatrics and global health. She is the founder of Nurses for Natural Health, an organization dedicated to educating and empowering nurses in natural health. In her spare time, she volunteers for the Medical Reserve Corps of NY, Naturopaths without Borders and Homeopaths without Borders.

Speaker Disclosure:

Financial: Vanessa Ruiz is a physician at Enliven Mental Health Center. She receives a speaking honorarium from

Non-financial: Vanessa Ruiz is a member of the Psych ANP.



This course counts toward the educational hours required for certification in Certified Mental Health Integrative Medicine Provider (CMHIMP).

Visit mhimi.com for the full certification requirements.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. A licensee who practices beyond the authorized scope of practice could be charged with unprofessional conduct.

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Improve mood, sleep and focus with these 50 nutrient rich tips and easy recipes. Eat Right, Feel Right teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.



Nutritional Treatments to Improve Mental Health Disorders Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD By Anne Procyk, ND

A biology-based approach to think more holistically about assessment, diagnosis and treatment of mental health issues. Strategies include correcting vitamin and mineral deficiencies that contribute to mental health symptoms; eating the right food to optimize focus and performance; tools to improve sleep; and tips to identify common hormonal imbalances misdiagnosed as mental illness. Case studies and handouts.

your hours to be valid

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